

What happens after Alpha

After attending an Alpha course many people may want to continue meeting in small groups to support each other and to continue to deepen their faith together.

For non-Catholics the ideal next step after Alpha would be the RCIA (Rite of Christian Initiation of Adults).

The Catholic Alpha Office is developing a library of Catholic videos to follow Alpha, some of which can be used as a bridge between Alpha and RCIA.

For the unchurched or uninformed Catholics:-

Exploring the Catholic Church.

8 talks by Dr. M. D'Ambrosio, professor of Catholic Theology. He is a stimulating speaker who deals with topics such as:-

- Who needs the Church?
- Baptism and Confirmation
- What is the Mass?
- Getting more out of the Mass



For established Catholics:-

Drink From the Wells of the Church.

7 talks for established Catholics by Fr. Raniero Cantalamessa, Preacher to the Papal Household.

Subjects include:-

- How to Read God's Word
- The Eucharist makes Us Holy
- Obedience to the Spirit
- The Power of Pentecost
- Mary, our Model



For more details of the available resources please contact **Catholic Alpha Resources**

How to run an Alpha Course

If you are interested in running Alpha, the best preparation is to attend an Alpha conference which will explain in detail the principles and practicalities of the course.

Selecting a team to run Alpha is a key first step.

The Alpha course can be run very effectively by the laity.

The team needs dedicated, prayerful people who have a real desire to evangelise, while at the same time being sensitive to other people's needs.

There are a number of resources available to train the team.

Alpha Resources include:-

- Course videos and manuals
- Course book, "Questions of Life"
- Team training materials
- Youth Alpha manuals
- Alpha for Catholics, "Questions and Answers"
- Alpha course publicity material



Details of upcoming conferences and all the Alpha and Post Alpha materials are available by mail order from:

The Catholic Alpha Office, UK
PO Box 333, St. Albans, Herts. AL2 1EL.
Phone / Fax 01727 822837
Resources 01727 823803

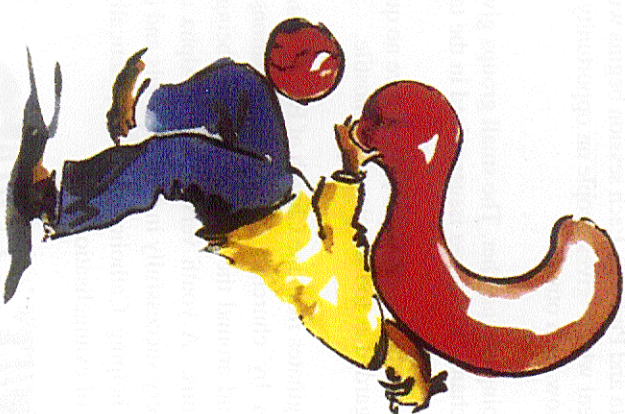
Web Site: www.catholic-jhb.org.za
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Alpha

A Tool for Evangelisation in the Catholic Church



**"For the disciple of Christ
to evangelise is an obligation
of love"**

Pope John Paul II

What is Alpha?

Alpha is a ten-week course providing a basic introduction to Christianity. It is primarily aimed at those who have little or no knowledge of the Christian faith i.e. the unchurched or the lapsed. It is also proving to be a great blessing to church-going Catholics who are seeking renewal in the basics of their faith.

Anyone interested in finding out more about the Christian faith is welcome on Alpha.

Learning and laughter. It is possible to learn about the Christian faith and have fun at the same time.

Pasta and Pudding. Each session begins with a light meal which gives people an opportunity to get to know each other.

Helping one another. The small groups give people a chance to discuss issues raised in the talks.

Ask anything. Alpha is a place where no question is regarded as too simple or too hostile.

Alpha originates from the Church of England and is now being run by churches of all denominations in this country and around the world. It is also being used in most prisons. A youth version of the Alpha course is running very successfully in many schools and colleges. Alpha is helping Catholics respond practically to the challenge of evangelisation.



Guests attending a recent course

Bishop Ambrose Griffiths of Hexham & Newcastle says:

"Alpha answers the questions that people are asking today. It is not confrontational and presents the message in every day language. Above all it helps many come to know the Lord Jesus... they feel affirmed and enjoy it and so they then in turn invite their friends to the next course and so it grows"



"Through the Alpha course I began to realise that God knows me and what's more, loves me! Within 8 months of starting Alpha I had become a Christian and joined the Catholic Church."
Anna Whitelock, 23, Post graduate, Cambridge.



"I felt that Alpha was an enlightening experience and is something I have never regretted doing. I found it very informal and easy going. Since Alpha I have been far more open with my Christian beliefs."
Sean Kennedy, Caterham



"I received more on a single Alpha course than three years on a Theology degree course at University."
Simon Winters, Catholic School Teacher



"Although a Catholic born and bred, when my children arrived I questioned whether I really believed it! Having done Alpha I found the answer to many of my questions. It was such a good course I took it back and ran it in my parish with great success."
Jenny Baker, Wife & Mum



"Our Alpha courses are now reaching the youth and parents of our school children - the results have been amazing as we begin to reach the genuinely unchurched. The whole parish is being affected with 90 now attending newly formed post Alpha small groups."

Fr. Tom Kenny, Parish Priest, Wakefield

How does it work?

The course is usually run one evening a week with a weekend or day away to explore the person and work of the Holy Spirit.

Alpha can be run in a church hall or in a home and the atmosphere throughout is relaxed and non-threatening.

A typical Alpha evening starts with a simple meal. This is a vital part of the evening as it brings people together and breaks the ice.

A talk follows the meal, in most cases this can be done by simply sitting down to watch a video, although a course book is available to help speakers give the talks themselves.



The videos, which are very well made, are lively and fun to watch.

The Alpha subjects include:

- Who is Jesus and why did He die?
- Why and how should I read the Bible?
- Why and how should I pray?
- How does God guide us today?
- How to make the most of the rest of my life

After the talk the discussion will flow quite easily - there is so much to think about.